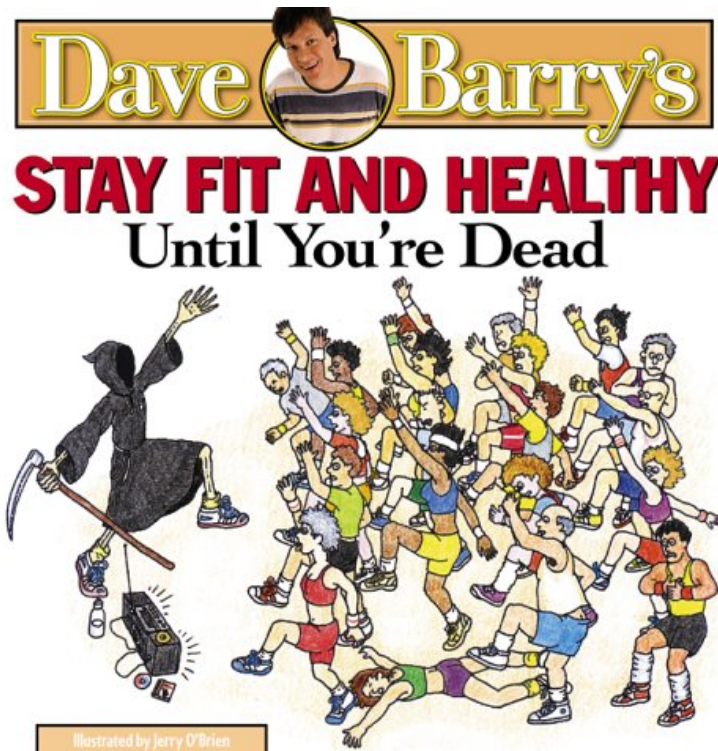


[Free] Dave Barry's Stay Fit and Healthy Until You're Dead

## Dave Barry's Stay Fit and Healthy Until You're Dead

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**Dave Barry : Dave Barry's Stay Fit and Healthy Until You're Dead** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dave Barry's Stay Fit and Healthy Until You're Dead:

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In Stay Fit and Healthy Until You're Dead, Dave Barry says that fitness and vitality can be yours-- provided you have the discipline, drive, and the plain old-fashioned guts required to procure the necessary steroids. This manual may help, too, but you'll just have to buy it and find out.Barry on executive fitnessToday's top executives eat teeny meals and run 10 miles and play tennis and work out every day. Of course, they're so busy getting fit that many don't even know where their offices are. That's why the entire U.S. economy is now manufactured overseas.Barry on fitness after deathA quick chill, to approximately 325 degrees below zero, yields a muscle tone that we normally associate only with world-class body builders and certain minerals!Barry on nutritionEvery morning you should take a vitamin A

pill, followed by a vitamin D, followed by an E, until you've spelled the healthful mnemonic phrase: "A DEAD CAD BAKED A BAD CAKE, ACE." And eat all the fiber-rich foods you can shove down your throat; these would be mainly your cotton candy and your Slim Jims. Barry on junk foods White bread and refined sugar, if eaten, cause death within hours. So it's important to watch what you eat, at least until you get it inside your mouth. After that it becomes pretty disgusting.

"His uncelebrity fitness book is probably the funniest thing on the market today."--People magazine"Undaunted by the USA's hopeless devotion to physical fitness, author Dave Barry squares off against serious exercise junkies with Stay Fit and Healthy Until You're Dead, identifying the absurdity of it all in textbook format."--USA Today -- From the Back Cover Dave Barry's Stay Fit and Healthy Until You're Dead Fitness and vitality can be yours, writes Dave Barry-- provided you have the discipline, drive, and the plain old-fashioned guts required to procure the necessary steroids. This manual may help, too, but you'll just have to buy it and find out. Barry on executive fitness Today's top executives eat teeny meals and run 10 miles and play tennis and work out every day. Of course, they're so busy getting fit that many don't even know where their offices are. That's why the entire U.S. economy is now manufactured overseas. Barry on fitness after death A quick chill, to approximately 325 degrees below zero, yields a muscle tone that we normally associate only with world-class body builders and certain minerals! Barry on nutrition Every morning you should take a vitamin A pill, followed by a vitamin D, followed by an E, until you've spelled the healthful mnemonic phrase: "A DEAD CAD BAKED A BAD CAKE, ACE." And eat all the fiber-rich foods you can shove down your throat; these would be mainly your cotton candy and your Slim Jims. Barry on junk foods White bread and refined sugar, if eaten, cause death within hours. So it's important to watch what you eat, at least until you get it inside your mouth. After that it becomes pretty disgusting. About the Author Dave Barry is a Pulitzer Prize-winning Miami Herald journalist whose articles appear in hundreds of newspapers each week. He is the author of more than 20 books and lives in Miami, Florida.